

**Linda Clair**  
**Seven-day Meditation Retreat**  
**Kallara Conference Centre – September 2019**  
**Transcription from Audio Recordings**

**File 8a – Saturday morning guided meditation**

So take a few deep breaths into the belly. You can't be too grounded. You can't be too much in your body. And this is all so simple – so, so simple. So simple that on realisation you go, "How did I not see that." Your mind is going to keep trying to complicate things and say, "There must be another way. There must be an easier way."

I can only talk from my own experience and for me, this was the way. And it wasn't easy. It's not easy for anyone, whichever way they take. But it's the most exciting, amazing thing you can do while you're still in this body – to realise why I'm here. And I love being here, I love doing this. It's not why I do it but I love doing it.

So take of your attention to the top of your head. Feel the sensation on the top of your head. And breathe deeply into the belly. Feel your breath going through your nostrils. Feel your shoulders and keep breathing into the belly. Feel your hands and breathe into the belly.

Feel your chest rising and falling with the breath. Then take your attention down into the belly. Feel your abdomen rising and falling. Feel your knees, your feet, your spine from the top of the spine down your back to the bottom of the spine. Feel your whole body. So whatever happens, keep coming back to the body. You're in this body to realise why you're here in this body.

Hear the sounds and come back to the breath. There's no need to know what they are. There's no need to know anything right now. So this is the most beautiful thing a group of people can do together.